



# THE RED HILL ROOT



The Seasonal Weekly Newsletter for Members of the Red Hill Farm CSA, Aston, PA

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## Farm News



**Learn to can your own food on Saturday, Sept. 18<sup>th</sup>!**—Red Hill Farm associate **Hazel Lafleur-Vetter** will be giving a canning workshop on Saturday, Sept. 18<sup>th</sup>, starting at 3:00 pm. We will likely be canning tomatoes and dilly beans, and hopefully will learn both hot-water bath and pressure canning. This will be a hands-on demo; you'll learn how to core, blanch, skin the tomatoes, etc. Hazel really knows her stuff.

**More Bags!!!!**—We need more shopping bags in the share room. Folks can put them in the gray trash can by the bookshelf. *Many thanks!*

**\*\* IMPORTANT NOTE \*\***—Due to a scheduling conflict, ***we need to change the date of the Harvest Fest. It will now be Sunday October 17th, at 4.*** Sorry for any inconvenience this causes; hope everyone can make it!

**“Julie and Julia,” the movie, also on Sept. 18<sup>th</sup>!**—At dusk on Sept. 18<sup>th</sup>, we'll be screening the great food



movie, ***Julie and Julia***, starring Meryl Streep and Amy Adams!! “*Julia Child and Julie Powell - both of whom wrote memoirs - find their lives intertwined. Though separated by time and space, both women are at loose ends... until they discover that with the right combination of passion, fearlessness and butter, anything is possible. In 1949, Julia Child is in Paris, the wife of a diplomat, wondering how to spend her days. She tries hat-making, bridge, & then cooking lessons at Cordon Bleu. There she discovers her passion. In 2002, Julie Powell, about to turn 30 and underemployed with an unpublished novel, decides to cook her way through “Mastering the Art of French Cooking” in a year and to blog about it. We go back and forth between these stories of two women learning to cook and finding success. Sympathetic, loving husbands support them both, and friendships, too, add zest.*”

## Red Hill Revelations

By Mira Kilpatrick



This week on the farm the fields dried out and we were able to catch up on some of our final fall seeding/planting. We seeded arugula, spinach, lettuce mix, radishes and turnips, and fall peas (cross your fingers!). We also planted bok choy, Asian greens, lettuce heads, and some pea plants. Now here's hoping the temp cools a bit, and we get nice even irrigation and germination on these crops! Yikes! It's been rough with this heat getting the germination we want in the fields.

And now, for Labor Day weekend! We're taking a break. Aby's off to Massachusetts and Fisher's Island for the weekend, Amy will be in Michigan of all places, I'm going to Avalon, and Adam will be finding all sorts of trouble to get into in this area. By the time you get this, we'll all be back in the fields, hopefully feeling rejuvenated and ready to turn it out for a couple more months. We hope you all had nice holiday weekends!! See you soon.

## Tidbits

### Workshares' Reward!—

Workshare Joanne hosted a lovely potluck party at her house for Red Hill Farm's hardworking workshares, a pool event very welcome in this heat! At left, Mira, Aby, & Mimi. Below, left, is Joanne rescuing an insect



floundering in the pool water (rejoice, vegans!); at right



are Mimi and Jessie. A good time was had by all!

**Food Politics Conference**--The Weston A. Price Foundation annual conference is taking place in Valley



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Forge November 12-14th. The theme of this year's conference is "**THE POLITICS OF FOOD**" with a long list of speakers. Different tracks include Grass-Based Farming, Traditional Food Preparation, and tracks on environmental and health issues. *Joel Salatin* will be speaking at the banquet on Saturday evening. Please go to [www.westonaprice.org](http://www.westonaprice.org) for more information about the foundation and to register for the conference.

**Interested in Wild Mushrooms?**—But afraid you don't know enough about them to stay out of trouble? You can join the *Eastern Penn Mushroomers*, a local affiliate of the North American Mycological Association, & learn all about it. See: <http://www.epennmushroomers.org/>

**Traditional Fermented Sauerkraut**—makes 1 qt

- ❖ 1 medium cabbage, cored & shredded (a slicing or shredding attachment on a food processor makes this go quickly)
- ❖ 1 tbsp caraway seeds
- ❖ 1 tbsp sea salt
- ❖ 4 tbsp whey (drained from additive-free yogurt); or, instead of whey, substitute an additional tbsp of salt

In large bowl, mix cabbage w/ caraway seeds, sea salt, & whey (if using). Pound w/ wooden pounder or meat hammer (or bottom of clean can, bottle, etc) for ~10 min to release juices. Put in quart-size, wide-mouth jar & press down firmly (you can use your clean hands) till juices come to top of cabbage. The top of cabbage should be at least 1 in. below top of jar. Cover tightly & keep at room temp ~3 days before transferring to fridge or other cold storage. (Fallon & Enig, *Nourishing Traditions*, 2001)

**Russian Vegetable Pie**—Soooo good! Serves 4-6.

- ❖ pastry for a 2-crust pie
- ❖ ½ lb mushrooms, washed & sliced
- ❖ 1 onion, chopped
- ❖ basil, marjoram, tarragon, salt, pepper, all to taste
- ❖ 3 tbsp butter
- ❖ 4 oz softened cream cheese
- ❖ 4-5 hard-cooked eggs, sliced
- ❖ chopped dill

Shred cabbage coarsely. In large skillet melt 2 tbsp butter, add onion & cabbage & sauté for a few min, stirring constantly. Add herbs to taste (at least 1/8<sup>th</sup> tsp each of dried, crushed herb, or ½ to 1 tsp chopped fresh herb); salt & pepper. Stirring often, cook till cabbage wilts & onions are soft. Remove from pan & set aside. Add other tbsp of

butter to pan & sauté mushrooms 5-6 min, stirring. Spread cream cheese in bottom of lower pie crust. Arrange egg slices in layer over cream cheese. Sprinkle w/ a little chopped dill, then cover w/ cooked cabbage. Make a final layer of sautéed mushrooms & cover w/ top pie crust, pinching edges of crusts together to seal. W/ sharp knife, cut a few short slashes thru top crust. Bake in 400-degree oven for 15 min, then lower temp to 350 & continue baking another 20-25 min, till crust is light brown. (Anna Thomas, *Vegetarian Epicure*, 1972)

**Tomato Cabbage Soup**—serves 4-6

- ❖ 2-3 tbsp olive oil
- ❖ 1 lb sweet or hot Italian sausage, removed from casing & crumbled [*vegans can substitute Tofurky Sausage*, which is like slightly spicy Italian, or ~2 cups cooked, fried chickpeas]
- ❖ 1 small head cabbage, quartered, cored, & thinly sliced
- ❖ 1 onion, halved & thinly sliced
- ❖ 3½ to 4 cups chopped fresh tomatoes or one 28-oz can diced tomatoes
- ❖ 6 cups chicken [or veggie] broth
- ❖ 1 tsp ground cumin
- ❖ salt & fresh-ground black pepper

Heat 2 tbsp oil on medium heat in large soup pot. Add sausage & sauté till completely browned & cooked thru, ~10 min, breaking up sausage w/ a spoon or spatula as you stir. Remove from pot w/ slotted spoon & set aside on plate lined w/ toweling. If soup pot is mostly dry, add remaining 1 tbsp oil. Add cabbage & onion & sauté till golden, 8-10 min. Add tomatoes, broth, & cumin. Return sausage to pot. Bring to boil, then reduce heat & simmer ~1 hr, till cabbage is completely tender & flavors are well blended. Taste & season w/ salt & pepper. Serve hot. (Chesman, *Serving Up the Harvest*, 2007)

**"My Mother's Mustardy Slaw"**—serves 4-6

- ❖ 4 cups grated green cabbage
- ❖ 2 carrots, grated
- ❖ ¼ cup minced onion
- ❖ 1 cup mayo or vegan mayo or low fat mayo
- ❖ 3 tbsp yellow ballpark mustard
- ❖ salt & pepper

Combine cabbage, carrots, & onion in large bowl. Mix together mayo & mustard in small bowl. Spoon over cabbage mix & stir till well combined. Add salt & pepper to taste. Chill before serving. (Chesman, *Serving Up the Harvest*, 2007)